



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Illig, Maik

Club: Frankfurt (Oder)
Number: 420

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:40:31

Speed: 12.59 km/h
Running performance: 4:46 min/km

Rank in course/Total: 11 (of 127)

Rank in course/Men: 11 (of 101)

Best time in course: 1:22:06

Rank in category: 4(of 25)

Best time in the category: 1:26:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.60	50:15	4:44	4	6:57	13	8:05	10.60	50:15	4:44	22			66
Last lap Finish	10.50	50:16	4:47	4	7:10	13	10:20	21.10	1:40:31	4:45	4	14:07	11	18:25